

World health experts propose to halve sugar consumption

Langue Undefined



Recent newspaper coverage reports that the World Health Organisation is considering new guidelines that would halve the amount of sugar that it recommends people should have in their diet.

A confidential draft paper agreed by WHO experts states and leaked to the The Sunday Times proposes that there should be a "reduction of free sugars intake to 5% or less of total energy".

Many obesity and health experts say such a change cannot come quickly enough, given skyrocketing obesity rates across the globe.

"Our dieting patterns have changed, there's a lot more added sugar in our food," said Rob Moodie, Professor of Public Health at the Melbourne School of Population and Global Health.

The proposed radical overhaul of current guidelines is likely to provoke a furious battle with the food industry.

"They've been major contributors to changes in our diets, sales are doing well, (they've) made enormous amounts of money. That's fine, that's their business. But now it's time for our health, but also for the health of our healthcare system, because fundamentally we won't be able to manage the problems associated with over-consumption of salts and sugar," said Moodie.

To read more click [here](#) [1].

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[1] http://www.thesundaytimes.co.uk/sto/news/uk_news/Health/article1357556.ece?CMP=OTH-gnws-

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